



Arsenal FC, as a leading European Soccer Team, have invested multi-millionpounds in creating an Elite training facility for the Senior, Academy and Ladies teams. With very specific requirements over equipment and design Perform Better were chosen as the sole supplier and project managers for the gym installation as Perform Better could offer a wide range of equipment to exactly meet their requirements and our flexibility of approach allowed changes to be made quickly and easily.

The flooring was key to the whole project. Perform Better designed a single level floor that combined 4 different materials to offer different training and proprioception qualities. Duraflex weight layer flooring was laid over a majority of the area with imbedded platforms in lifting areas. In addition, we provided 4 35m sprint lanes, a rebound track and a 10m x 10m turfed area with shockpad. Finally, we added a sandpit into the area for greater lower body training and rehab.

With the facility being used by a range of athletes, the equipment specification was very important. Four training zones were created for lifting, free weight, CV and plyometric training. Each lifting zone consisted of 2 racks, 2 Functional Trainers, Kettlebell and Powerblock Sets, and a range of strength bands, chains, TRX, weighted vests and other related training products. A range of testing and Sports Science products were added including Gymaware, Optojump, Witty and ForceDecks all working with a Paperless software programme (TeamBuildr).

PB

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CASE STUDY ARSENAL FC

EQUIPMENT

Kesier Performance Racks

Kesier Performance Trainers

Med Ball Wall, Keiser Squat

Bi-Lateral Leg Press

ISO Leg Curl, Extension and Calf

Eleiko Bars and Disks

Branded Dumbbell Set

Adjustable Benches

Woodway Treadmills

Matrix Cyces, X-Trainers, Tread

Concept 2 Rowers, Ski Erg

Wattbikes, Spin Bkes

Upper Body Erg, Rope Pulley